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# PelhamNEWS

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## ■ REHAB

# Soldiers heal, one fish at a time

GRANT LAFLECHE  
QMI Agency Niagara

Sgt. Andre Glover knows war intimately. For 25 years, combat was his profession. He is an infantry soldier to the core.

He wore a Canadian uniform in some of the world's most dangerous hot spots: Cyprus, Bosnia, Haiti, Afghanistan.

A broken back put an end to that distinguished service.

see REHAB | page 2



QMI Agency Niagara

Canadian Armed Forces personnel came to rural Niagara for a day of rehabilitation in the form of fly fishing and fly tying. Andre Glover gets some guidance from Randy Greenall Thursday afternoon.

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# upfront

## ■ BANDSHELL



Renegade, presented by Pedlar Funeral Home, will perform during the final Thursday Night Concert Series in Peace Park Thursday at 7 p.m.

Supplied photo

## Renegade ends Thursday Night Concert Series

For PelhamNews

Renegade is one of Niagara's premier dance party bands.

They love to play and it shows! Renegade is a four piece versatile powerhouse performing Top 40, funk,

disco, and classic rock songs with strong three part harmonies that keep everyone dancing all night.

One of the busiest bands around, Renegade is a favourite at casinos, clubs, corporate events, and private functions and they're performing

tonight at 7 p.m., which is the final concert in the Thursday Night Concert Series in Peace Park.

Thanks to all of our great patrons for their support all summer long. We've had a great year and hope that you have enjoyed the concerts

again. We'll see you next summer.

Your Fonthill Bandsell Concert Committee is Jill Cappa, Carolyn Mullin, Annie Holtby, David Swan, Ray Barlow, Sandra Warden, Bryan Baltjes, Gayle Baltjes-Chataway, and Jim Casson.

## ■ REHAB

## Helping veterans build a new future

FROM PAGE 1

Glover suffered his injury not in combat but at home two years ago. After surviving the Taliban, Glover was knocked low by a car accident.

"It's been so hard. All I know is infantry. It's all I wanted to do," he said. "It is so hard to find something you are that passionate about."

The injury stole his regular fitness routine. He put on weight and the uncertainty and loss of his vocation bred a dark depression. If it wasn't for a recently created Canadian armed forces unit that cares for injured and wounded personnel, Glover said he would "be in a pine box."

He has to build a new future.

And last Thursday, fishing rod in hand under a blazing midday sun in Pelham, the Toronto soldier took another tentative step toward it.

"Something like this is fantastic. To be able to come together with other soldiers, talk to them and realize that they, I am not alone in this," Glover said of a fly fishing program he and a dozen other injured soldiers took part in at a pond off Effingham St.

The group of Canadian military personnel were in Niagara to take part in the Healing Waters therapy program hosted by the Niagara

chapter of the conservation group Trout Unlimited.

"We heard about Healing Waters, which is a program in the United States to help injured soldiers and we thought we could do that for our own armed forces in Canada. There are some programs like this in Quebec, but nothing like this in Ontario," said Dennis Edell, president of the Niagara chapter of Trout Unlimited.

"Fly fishing has proven to be very therapeutic for these guys. It's relaxing, it's peaceful, they learn something new and stay focused on what they are doing."

The military men and women who arrived at the Pelham fishing hole last Thursday are part of the Joint Personnel Support Unit, which helps them either rehabilitate and go back to their career, or transition to a new civilian career.

"We help soldiers who have been wounded in combat, have lost limbs or have suffered a condition like post-traumatic stress disorder," said Sgt. Major Alex McKelvey of the JPSPU division in Toronto. "We even have members of the armed forces who are dealing with illness such as cancer."

The unit provides counselling and training to help military personnel and educate them as they move into a new career if necessary, McKelvey said.

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## upfront

■ **S.T.O.P.:** Jennifer Orchard planting roots in the film industry

# Short feature filmed in Pelham, Welland



Supplied photo  
Pictured from left, Brent Vaughan Jones, Max Whitworth and Jennifer Orchard shoot scenes from *S.T.O.P.*, a short feature film shot in Welland and Pelham.

**SARAH FERGUSON**  
PelhamNews Staff

Jennifer Orchard believes in finding her own opportunities instead of waiting for them to fall into her lap.

"It's an idea we were taught in school," Orchard says.

That's why the recent graduate of Niagara College's acting for film and television program put

pen to paper and wrote her own screenplay, produced a short feature and starred in it.

*S.T.O.P.* is about two obstinate teens who go on a camping trip to celebrate the end of high school.

The teens become lost and learn what happens when they don't stop to think, observe and plan.

"They're living under this idea

that they can figure things out but they soon realize they have to stop and think now," Orchard says.

*S.T.O.P.* was shot over the course of 10 days between May and July at locations in Pelham and Welland and was a collaboration of recent graduates and current students of Niagara College's acting and broadcasting programs.

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## PUBLIC NOTICE

**Regional Road 69 (Pelham Road)  
Between Wessel Drive and Regional Road 28  
(Fifth St. Louth)  
In the City of St. Catharines/Town of Pelham**

**TEMPORARY ROAD CLOSURE  
(Sept. 8, 2013)**

Motorists and the general public are hereby advised that Regional Road 69 (Pelham Rd.) between Wessel Drive and Regional Road 28 (Fifth St. Louth) will be closed to through traffic on Sunday, Sept. 8, 2013 from 8:30 to 11:00 a.m., weather permitting.

The road closure is necessary for a cycling event.

A detour route will be posted along Wessel Dr., Sawmill Rd. and Effingham St.

Emergency services will have access during this closure.

Any inquiries concerning this closure may be directed to **Ron Matsushita, Event Co-ordinator**, The Big Move, at 905-323-3863.

Your co-operation and patience during this period of inconvenience will be appreciated.

Kenneth J. Brothers, P. Eng.  
Commissioner of Public Works  
Niagara Region

Niagara  Region

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# PelhamNEWS

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## New dress code makes sense

On Tuesday morning, 60,000 children and teenagers walked back into their respective schools. Much to the delight of the Niagara Catholic District School Board, more than a third of them will be dressed the same.

While students at the region's eight Catholic secondary schools have always worn uniforms—usually a combination of grey, white and whatever the school's colour is—this marks the first year more than 14,000 Catholic elementary school students will also have to follow a dress code.

The idea has been talked about since the mid 2000s, but the NCDSB started the process of changing the dress code for its elementary school almost four years ago.

It has taken until now, however, to finalize the policy and exactly what is allowed.

The decision hasn't been popular with everyone—especially lower-income parents who believe this is just another cost added to their budget—but on many levels, the move makes sense.

Since the board is already forcing high school students to wear uniforms, there's no reason the younger kids shouldn't follow the same rules. Board officials have been adamant people not refer to the standardized dress code as a uniform, but for all intents and purposes, it is.

The cost argument from parents is somewhat valid, because they'll still have to buy other clothes for when their kids aren't in school, but they shouldn't need as many clothes. The good news is, unlike the high school uniforms, clothes falling under the standardized dress code are available at a far wider range of stores from Giant Tiger to Target and Walmart to places like The Gap and Old Navy. That means parents can buy the approved pants and shirts that fall into a price range they can afford.

The tradeoff of having to buy the extra clothes is a school environment where children don't have to be compared or bullied because of what they're wearing.

Of course this won't stop schoolyard bullying—nothing ever will—but if it helps level the playing field in one way, then why not do it?

If parents really don't like the idea, there's always public school.

### ■ HUMOUR

## Low testosterone? Live with it or die from the remedy



**WILLIAM THOMAS**

**HUMOUR**

So I'm well into the six o'clock news hour and during a commercial break they show a guy applying a stick of deodorant to his armpits. This is odd because almost every minute of commercial time on every American channel between six and six-thirty is reserved for big pharmaceutical companies advertising erectile drugs. There are more ads for Viagra, Cialis and Levitra on TV than on my computer screen first thing in the morning. We can't cure cancer and we can't slow Alzheimer's but we can sure help grandpa grope and grunt all the way to the grave.

So the guy in the deodorant commercial looks totally out of place until I actually listen to ad and yeah, it's also a testosterone-building erectile drug which I'd ask me, is being applied to the wrong place. I'm no expert on these things but if that guy in the ad suffers stiffness in both arms then I'm right, the

armpit is the wrong area in which to address this problem.

The commercial for Axiron is about 5% about the drug's benefits and 95% about all the harm it can do. "Axiron is not for use in women or anybody under 18 years old. Exposure to Axiron may harm your unborn or breastfeeding baby. Tell your healthcare provider if you have breast cancer or prostate cancer or urinary or heart problems or..."

Who would buy this product after watching the ad? I mean would you fly Air Emirates if the ad showed two people enjoying an intimate in-flight meal followed by a minute and a half of crash footage?

"Keep Axiron in a safe place,

out of the reach of children." I should hope so! There's little Jimmy crawling down from the sink with Daddy's deodorant and suddenly "Boing!"

The series of "not for use" surprises are only the warnings. The side effects include

increased acne, aggressive behaviour, enlarged genitals, excessive body hair growth and male-pattern baldness." Excessive hair growth and baldness happening at the same time?? Wow!

Show me a man who is able to grow body hair below the neck while going bald on top and I will fill a circus tent at fifty bucks a seat. Throw in Chuckles the Clown with an oversize electric shaver and I will put Cirque du Soleil out of business.

Promising to restore low testosterone levels to normal in about two weeks and urging prospective customers to "go the extra mile," the ad goes on to warn consumers about the serious side effects of possible prostate

problems, enlarged breasts, blood clots in the legs, problems breathing while sleeping, ankle, feet and body swelling.

As opposed to 'serious,' 'common' side effects include red and irritated skin, headaches, diarrhea, vomiting and increased PSA. I have no idea what PSA is but I'm sure after everything else that's going on here, it's a welcome relief.

"Step right up, ladies and gentlemen and witness the Amazing Harry! Before your very eyes this man will go bald and grow body hair at the same time! It'll be like watching a werewolf with the head of Dr. Phil and the body of Bigfoot!"

"And that's just the beginning ladies and gentlemen, before your very eyes the Amazing Harry's ankles will swell up and his breasts will get really big! He'll remind you of your Aunt Florence when she was pregnant with twins!"

see **THOMAS** | page 5

## Notre Dame Student Council



The 2013-2014 Notre Dame College School Students' Council is ready to lead as the new school year begins. The new council was elected in June and has been working all summer to prepare for the new school year. Pictured from left, front row, are Joshua Jones, Chris Tsiantoulas, Jessie Biedka, Leah Zahorchak, Mary-Lynn VanLankveld, Jimmy Caporicci, Shirley Andrews, Andrea Caruso, Hannah VanLankveld, Stephen Cho, Adam Hughes, back row, Bassam Dabbagh, Jarrett Giroux, Aidan Harold, Mike Ross, Cassandra Willie, Anthony Graziani and Michela Lannetti.

Supplied photo

# Can you survive the treatment?

FROM PAGE 4

"And that's not all ladies and gentlemen. When I poked him with this stick The Amazing Harry will get so angry and so aggressive, pimples will pop out the red irritated skin of his face. His groin will swell to the size of his head which will be contorted in pain due to a severe migraine."

"And then for the grand finale, ladies and gentlemen, completely bald and holding his prostate in his right hand, The Amazing Harry will all at once vomit and ... and ... complete what we like to call the always difficult, always dangerous, Double Discharge. That's right, jockeys' can't do it. Oprah can't do it and Weight Watchers won't even try it but The Amazing Harry will lose ten pounds in under six seconds right before your disbelieving eyes. Men with buckets will be stationed at both ends. Step right up ladies and gentlemen, tickets are going fast."

Seriously, I realize that men as they age often suffer a loss of testosterone which results in a diminished libido which by extension ... okay, there is extension, okay. That's the problem.

Get used to it.

Need I remind aging men that the original purpose of all this business was reproduction and unless you're Tony Randall the chances of you fathering at child at your age are about the same as Johnny Bauer coming back to play golf for the Leafs this season.

I'm well aware that would be an improvement but it's not going to happen, okay?

A low testosterone problem is often described as "male menopause" and sometimes characterized as a "midlife crisis."

Live with it or seek treatment is the question. What's your preference? Having a hot flash or growing a three-piece suit from unwanted body hair? Gaining a little weight or wearing a DD cup bra when you go out to cut the lawn? Mood swings or blood clots? You want look like grandpa or the hirsute gorilla that held New York city hostage?

It's just a midlife crisis. Seriously, buy a sports car.

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- Queenston** • 6:45 am - 7:30 am: No vehicles permitted to cross Niagara Parkway  
• 7:30 am - 9:00 am: Expect delays for crossing at York Road
- Bevan Heights** • 7:00 am - 12:15 pm: No vehicles permitted in or out of Melrose
- Stonefield Park** • 7:00 am - 12:30 pm: No vehicles permitted in or out of Pinestone Road
- Calaguiro Estates** • 7:00 am to 12:20 pm: No vehicle access to Mountain Road from January Dr., Colangelo Dr. or Mewburn Road
- Thorold Tunnel** • 7:00 am - 12:15 pm: Both westbound Lanes CLOSED - use alternate route
- Short Hills** • 8:00 am - 11:30 am: No vehicles permitted on roads - see course map online
- Lookout Street** • 8:30 am - 11:00 am: No vehicles permitted on road - park elsewhere for egress

For more information on the course and the road closure information in these specific neighbourhoods, visit [www.september14.ca](http://www.september14.ca), or call 1-888-551-4070

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Wednesday, August 21 • 6:00-7:30 pm at the Pelham arena  
 Tuesday, August 27 • 5:30-7:00 pm at Port Colborne Arena  
 Saturday, September 14 • 10:00 am-2:00 pm at the Welland Wellness Centre (145 Lincoln St.)

\* Informal registration available at the Welland Youth Arena, Pelham & Port Colborne Arena during skating hours. See the schedule on the website for times





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## RECREATION PROGRAMS & CLASSES

### Zumba Fitness @ Pelham Arena

Tuesday Sep 10<sup>th</sup> Temporarily Suspended

Watch for updates

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more info, contact (905) 892-2607, ext. 329.

### Walking Club - Everyone is welcome! - Sep 10<sup>th</sup> and Sep 12<sup>th</sup>

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10am and Thursdays at Fonthill Bandshell from 9-10:30am. For more information, please contact (905) 892-2607 ext. 329.

**Coming Soon to a Park Near You ... "Get Active for Life" a NEW PROGRAM** in the Town of Pelham. Residents are currently being asked to complete an online survey at <https://www.surveymonkey.com/s/getactive4life>. We are also looking for instructors. If you are interested, please email [truddell@pelham.ca](mailto:truddell@pelham.ca) or call 905-892-2607 ext. 341.

## COMMUNITY EVENTS & NEWS

### Pelham T-Shirts NOW Available!



You've seen them around Town, during Bandshell concerts, and at Summerfest. Now is your turn to get your own Pelham T-shirt! Only \$10 each and available at Pelham Town Hall Monday through Friday 8:30 am until 4:30 pm.

Shirts will also be sold during the final 2013 Bandshell concert on September 5th. Join us at Peace Park and be sure to wear your tee!

### Jewellery Design with Lynda of L Carr Designs - Sept. 11 until Oct. 9 at 6:00 pm - Pelham Public Library

Think outside of the box as you learn how to construct and design jewellery from recycled materials. Ages 13 to adult. Cost is \$50 plus materials.

### Heart of Niagara Reading Series - Robert McGill with Julie Mannell - Mon., Sept. 16 at 7:30 pm - Pelham Public Library.

Robert McGill releases his second novel, a richly textured novel of idealism and romance set in Niagara, *Once We Had a Country*. Julie Mannell, was born and raised in Fonthill, and is working on her first novel which features a small insular community in rural Ontario. Ext. is \$10.00.

### Child Car Seat Clinic - Saturday, Sept. 21 - 10:30 am to 2:30 pm - Pelham Fire Station One (177 Highway 20 W, Fonthill)

The Town of Pelham, in collaboration with Pelham Fire and the Niagara Auxiliary O.P.P., is hosting a child car seat clinic. Certified Child Car Seat Technicians will be present to answer questions and help inspect, install, and make corrections to car seats. No appointments necessary. Pelham Firefighters will be on site with fire trucks to entertain children while caregivers partake in the clinic.

### Outdoor Movie Night - Friday, September 27 at 8:00 pm - Downtown Fonthill

Presented by the Summerfest Committee and Mayor's Youth Advisory Committee

Movie title to be determined - vote for your choice at <https://www.surveymonkey.com/s/PelhamMovieNight>.

### Pelham Farmers' Market - May 2 until October 24 at Pelham Town Square

**Aug. 29 Market Bucks Winner: Bev Shannon**

2013 marks the 10<sup>th</sup> year for our Vibrant Farmers' Market! Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 2 to October 24, 4:30pm till dusk.

### Thursday Night Concerts - June 20 until September 5 - Fonthill Bandshell, Peace Park

Check out the fantastic lineup at [www.fonthillbandshell.com](http://www.fonthillbandshell.com).

### ((Wi-Fi))) Now Available @ Peace Park in Fonthill

Just in time for summer festivals and events, free Wi-Fi access is now available to Peace Park visitors 24/7. Be sure to check it out when attending Bandshell or taking a stroll through the park!

## NOTICES & REMINDERS

### Back to School - Safe Kids Tips

Keep these key tips in mind when walking to and from school:

1. When at all possible, use a school crossing guard at a crosswalk to get across the roadway.
2. Stop and wait near the edge of the path or sidewalk. If there is no path, stand close to the edge of the road.
3. Look left, right, and left again, and always listen for traffic.
4. Let any traffic coming in either direction pass, then look left, right, and left again before proceeding.
5. Walk briskly straight across the road when it is clear. Do not run.
6. Continue to watch and listen for traffic while crossing.

**We're Going Back To School**



### Back to School - Safe Drivers Tips

Keep these key tips in mind when driving in a school zone and while youth are travelling to and from school:

1. When coming into a school zone slow down, drive with extra caution, and watch for children.
2. Remember crossing guards work to get children safely to school.
3. **The speed limit in a school zone is 40km/hour.**
4. Maintain a safe distance between your vehicle and youth trying to get to school.
5. Yield to pedestrians, bicyclist, and crossing guards inside and entering crosswalks.
6. Exercise patience. DRIVE SAFE!



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## FINANCES

# NRP faces \$3.8M budget hole

DON FRASER  
QMI Agency

Costs from an arbitra-

tion award and contract settlement have left Niagara Regional Police facing a projected \$3.8-million budget

hole.

At last Thursday's police services board meeting, a report outlined the financial state of the service as of July 31. It also compared the approved budget to the year's forecast.

As of July's end, it showed the NRP had realized \$1.8 million in savings, but was predicting a \$3.8-million net deficit.

A May arbitration award for the Niagara Region Police Association, and another senior-officer settlement, is expected to have a \$5.7-million impact on the service's

operating budget.

Among savings listed were those in hiring, a benefits refund and the deferral of a specialty vehicle purchase.

Board chair Henry D'Angela said the lion's share of the deficit comes from the arbitration award that affected uniform and civilian collective agreements.

"We were arbitrator a settlement beyond what we thought would be a reasonable amount," said D'Angela, in an interview afterward.

"The board didn't anticipate a 3% increase in wages for the year 2012. From a



**Richard Brown**  
SALES REPRESENTATIVE

## ROYAL LEPAGE

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## ■ FIRE PREVENTION

# Contest aimed at fire prevention

SARAH FERGUSON  
PelhamNews Staff

Fire Prevention Week is held in October, but fire prevention officer Saskia Holditch wants Pelham residents to be thinking about fire safety now.

Holditch is inviting all ages to raise awareness for fire prevention by writing a short essay, poem, or story for the Fire Prevention Week 2013 Contest.

"We're trying to get more people interested in fire prevention week. People are welcome to write a fictional or non-fictional piece. It might be a story that really hap-



**We're trying to get some people interested in fire prevention week. People are welcome to write a fictional or non-fictional piece."**

Saskia Holditch, fire prevention officer

pened where something happened and people learned from it," she said.

This year's theme is Prevent Kitchen Fires and all entries must promote fire safety in the kitchen. Holditch said the most common cause of fires

is cooking.

"Sometimes people walk away from the stove when they are cooking, or they fall asleep," Holditch said.

Entries must be submitted to Holditch by Oct. 11 at noon. Submissions must

include the author's name, address, telephone number, e-mail address and a short biography and may be dropped off at Pelham Fire Station 1 or e-mailed to [sholditch@pelham.ca](mailto:sholditch@pelham.ca).

The first place winner receives a smoke alarm, a \$100 prize, the second place winner receives a smoke alarm and \$50 prize and the third place winner receives a smoke alarm and \$25 prize. Winners will be featured in the Pelham News.

For more information call Holditch at 905-892-3943.

[sarah.ferguson@sunmedia.ca](mailto:sarah.ferguson@sunmedia.ca)



## MOVIE NIGHT

PELHAM — The Town of Pelham wants residents to vote for the movie they would like to view during the Outdoor Movie Night in Pelham on Sept. 28.

The Summerfest Outdoor Movie Night scheduled for July 19 was cancelled due to inclement weather and the event has been rescheduled.

Residents are asked to fill out an online survey to

pick the movie by visiting [www.surveymonkey.com/s/PelhamMovieNight](http://www.surveymonkey.com/s/PelhamMovieNight).

## CHILD SPOOKED BY DEEPER WATER

WAINFLEET — A frightened 10-year-old girl was rescued from Lake Erie by Good Samaritans last Thursday morning.

According to Niagara Regional Police, beachgoers heard a girl screaming for help at about 11 a.m. at Long Beach Conservation Area off Lakeshore Rd. in Wainfleet. They went to her aid.

Const. Derek Watson said the child became frightened when she entered deeper water, but did not go under.



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Dance Educator: Jennifer Zorada

Dance Educators: Kalena Consigli, Bianca Molnar, Sarah Fischer.

[www.missdarsschoolofdance.ca](http://www.missdarsschoolofdance.ca)

## A peachy time



Supplied photo

Fonthill Lioness members sold peaches and ice cream at the Pelham Farmers Market on Aug. 22. Dianne Hubbard receives her serving from Lioness Suzanne Rose.

### ■ FUNDRAISER

## Hoedown for Welland hospital

WELLAND — Country-loving Rose City slickers are invited to kick up some dust with their dancing shoes for the health of the community.

The Welland Hospital Foundation special events committee has put together a new event to raise money for the hospital.

The foundation will host the Welland Hospital Foundation Hoedown at Auberge Richelieu on River Rd., Sept. 20, at 7 p.m. The event will feature live music by The Elton Lammie Country Band.

There will also be 50/50 draws, a cash bar, lots of prizes and a pig roast by Boss Hog Pork & Beef.

Participants are encouraged to wear country attire, but it's not mandatory. Tickets are \$10 each and will be available at the door.

All proceeds from the event will help purchase life-saving equipment for Welland hospital.

For more information contact Lori Pottle at 905-378-4647 ext. 32395 or e-mail [lpottle@niagarareath.on.ca](mailto:lpottle@niagarareath.on.ca).

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SARAH FERGUSON Staff Photo

Madeline Wallace, sitting in Mayor Dave Augustyn's chair, is preparing for the Mayor's Youth Advisory Council's upcoming term which begins in October. The council is looking for youth in grades 7 to 12 to join and organize events for the community.

## ■ YOUTH

# MYAC looking for new members

SARAH FERGUSON  
PelhamNews Staff

When Madeline Wallace first learned about the Mayor's Youth Advisory Council, she jumped at the chance to be a part of it.

"I was in Grade 7 when I heard an announcement at school. I thought it would be cool and I have been doing it ever since."

The 15-year-old E.L. Crossley student took on an executive role in the council last year, acting as prime minister. Being part of the council, Wallace said, involves a

lot of "behind-the-scenes work." "I don't think the town knows what we do until the events that we organize are held."

Duties for MYAC members include organizing events for Pelham youth, acting as a liaison between young residents and council and working with committees such as the Pelham Active Transportation Committee and the Beautification Committee.

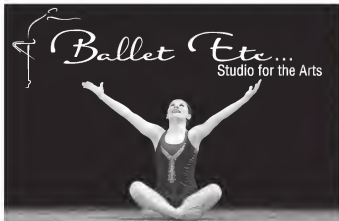
Along with meeting new people and learning about what goes on at town hall, Wallace said her experience with MYAC

has taught her confidence and she encourages youth to consider joining the council when begins its 2013/2014 term in October.

"MYAC is definitely good for anyone who wants to give back to the community and learn how to problem solve," she said.

Wallace said she helped organize this year's Halloween Skate, Easter egg hunt, the Pelham Night of Art, an outdoor movie night in the park, AMPFest, and garden tour.

see COUNCIL | page 16



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## COUNCIL

## Group helps local charities

FROM PAGE 11

The council was also responsible for funds for local charities and the Isaac Riehl Memorial Skate Park.

Mayor Dave Augustyn is look-

ing for youth in Grades 7 to 12 to join MYAC. Augustyn can be contacted at 905-892-2607, Ext. 317 or by e-mail at [mayordave@pelham.ca](mailto:mayordave@pelham.ca) until Sept. 20. Applications are also available online at [www.pelham.ca](http://www.pelham.ca) or at town hall.


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## A LOOK AT THE RISKS VS. BENEFITS

There has been some recent concern from patients taking the oral contraceptive pills Yaz and Yasmin regarding the pills' safety. The concern stems from the release of media reports stating that these two brands of birth control pills (containing the ingredient, drospirenone) have been linked to the deaths of 23 Canadian women. The worry is that drospirenone – a type of progestin – carries a higher risk of developing a blood clot compared to other brands of birth control pills that do not contain this particular progestin. The purpose of this article is to discuss the reality of these risks and to alleviate any concerns patients may have.

Although many of the reported deaths resulted from blood clots, one cannot assume that the oral contraceptive is to blame. It is known that blood clots are a risk with birth control pills, but there are also many other reasons why someone could develop a clot. There has been no strong evidence to indicate that the contraceptive pills were the reason for these deaths. Health Canada has stated that the benefits of Yaz and Yasmin still outweigh the risks when used according to the labelling instructions.

There are warnings on the drug label about the risk of blood clots with these medications which may be 1.5 to 3-fold higher than with other contraceptive pills. To indicate this small difference, the FDA found that 6 women in 10 000 develop a blood clot while using other birth control pills in one year, and about 10 women in 10 000 using Yaz or Yasmin will develop a blood clot in one year. Yes, this is slightly higher, but to put it into perspective, up to 29 women in 10 000 will develop a blood clot during pregnancy. In other words the risk of blood clots is much higher if a woman becomes pregnant than if they were using any form of birth control. Yaz and Yasmin are still considered to be safe and effective, so if you are using either of these medications, and are not experiencing any adverse effects, it is reasonable to continue their use.

Many factors come into play when deciding which birth control pill to take or even whether to take one at all. Some things to consider are a woman's history of blood clots, heart attack or stroke; age; smoking status; and with Yaz and Yasmin, liver or kidney disease. It is important for women to discuss these details with their doctor in order to make the best decision.

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## ONTARIO GOVERNMENT NOTICE

### FINAL TRANSPORTATION DEVELOPMENT STRATEGY

#### Niagara to GTA Corridor Planning and Environmental Assessment Study Phase 1

The public are invited to review the final multimodal Transportation Development Strategy (final Strategy) for the Niagara to GTA (NGTA) Corridor Planning and Environmental Assessment Study. The final Strategy will be available beginning September 5, 2013 on the NGTA website (<http://www.niagara-gta.com>), at main branches of public libraries and at local and regional municipal offices within Niagara, Hamilton and Halton. A complete list of the review locations is available on the study website.

#### THE STUDY:

Phase 1 of this Planning and Environmental Assessment (EA) Study was initiated by MTO in support of the transportation objectives of the provincial *Growth Plan for the Greater Golden Horseshoe*. The study is being undertaken in accordance with the *Ontario Environmental Assessment Act* (EA Act) and the Terms of Reference, which was approved by the Minister of the Environment in June 2006.

In March 2011, MTO released a draft Transportation Development Strategy (draft Strategy) that outlined several recommendations to expand the capacity of the transportation network that connects the Niagara Region and the U.S. border to the Greater Toronto Area. The draft Strategy included support for enhanced transit, measures to optimize the existing transportation network, additional lanes on existing highways and new highways. Since the release of the draft Strategy, the Study Team has carried out additional analysis of the recommendations for highway expansion. **The analysis, findings and recommendations from this work are documented in the final Strategy.**

The completion of the Transportation Development Strategy represents the conclusion of Phase 1 of the NGTA Study. The recommendations embodied in the final Strategy will be further pursued through Phase 2 of the NGTA Study or as separate future studies and initiatives.

#### RECOMMENDATIONS:

The final Strategy includes the following multimodal elements:

- Optimizing the existing transportation network.
- Supporting transit initiatives that are consistent with the *Metrolinx Regional Transportation Plan* and the *GO Transit 2020 Strategic Plan* as well as recommendations to improve the efficiency and effectiveness of the non-roadway modes of transportation.
- Several highway widening and new highway corridor recommendations, including:
  - Hamilton and Halton:** Widening of key highway facilities by two or more lanes to address medium-term transportation needs. In addition, a future study is recommended to identify a longer-term transportation strategy.
  - Hamilton to Niagara:** Widening of QEW to 8 lanes (including HOV lanes). Continue to monitor traffic volumes on the QEW to determine capacity requirements beyond 2031.
  - Niagara:** New highway corridor connecting Highway 406 south of Welland to the QEW near Fort Erie.

#### COMMENTS:

The final Strategy will be available for a 60-day review period ending on November 4, 2013. Comments and input regarding this study will be collected to assist the MTO with Phase 2 of the NGTA Study. This material will be maintained on file for use during the project and may be included in project documentation to meet the requirements of the EA Act. Information collected will be used in accordance with the *Freedom of Information and Protection of Privacy Act* and the *Access to Information Act*. With the exception of personal information (e.g., name and address), all comments received will become part of the public record.

For further information, or to be added to the mailing list for this study or future studies, please visit the study website or contact:

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## ■ GREAT LAKES

# Invasive Asian carp species found in the Grand River

DAVE JOHNSON  
QM Agency Niagara

DUNNVILLE — A species of invasive Asian carp has been captured in the Grand River this year just below the dam at Dunnville.

Jolanta Kowalski of the Ministry of Natural Resources said a grass carp was captured in the Grand River Aug. 16. The first one was caught in April. The latest catch was 104 centimetres long and weighed 14 kg.

Kowalski said there are four species of invasive Asian carp — bighead, silver, grass and black carp — and all four could have a terrible impact on commercial and sport fishing in the Great Lakes.

"Grass carp feed heavily on aquatic plants, which impacts native fish by reducing food sources, shelter and spawning habitats." Only half the plant material consumed by grass carp each day is digested, the rest is expelled into the water as waste. This undigested waste can promote algal blooms that reduce water quality and can reduce oxygen levels in the water.

Grass carp, Kowalski said, are used in Saskatchewan and Alberta, as well as many American states for vegetation control in waterways, but those carp are all sterilized. All live Asian carp are banned in Ontario.

"In the Lake Erie basin, several states allow stocking of grass carp if they are sterilized," she said.

The latest carp was found by biologists from Fisheries and Oceans Canada, who were monitoring for Asian carp in the Grand River in nearby Haldimand County.

Testing confirmed the fish was sterile.

That's good news, Kowalski said.

"It means it can't reproduce and indicates it did not originate in the wild. To date, there has been no evidence of reproducing Asian carp populations in the Great Lakes."

Despite the two fish being



Supplied photo

This grass carp, 104 cm long and weighing 14 kg, was captured in the Grand River Aug. 16, by the Dunnville Dam. It marks the second carp, an invasive species, to be caught in the same location.

sterile, she said the ministry takes the discovery very seriously because of the significant threat grass carp pose to Ontario's native fish community and habitat.

Kowalski said the ministry, working with Fisheries and Oceans, sent crews to the Grand River to see if there were any more carp in the area. None were found and the carp was being analyzed to determine its origin. Water samples were also being tested to look for grass carp environmental DNA (eDNA).

Kowalski said the province has taken steps to combat the threat of Asian carp. In 2005, the live possession of all four species in the province was prohibited. The regulations have been enforced by conservation officers, and the ministry has worked with Canada Border Services Agency to intercept almost 17,690 kg of Asian carp at the border destined for Ontario markets.

The ministry is also actively monitoring the Great Lakes for the presence of Asian carp and has established a response plan with federal counterparts and U.S. federal and state agencies.

Kowalski said if anyone thinks they have found an Asian carp, contact Ontario's Invasive Species Hotline at 1-800-563-7711.

[dave.johnson@sunmedia.ca](mailto:dave.johnson@sunmedia.ca)



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The Pelham Blue Sharks competed in the Niagara Interlock Championships in Fort Erie recently, and showed Pelham proud by bringing home the series victory.

Supplied photo

## ■ BASEBALL

# Sharks bring home championship title

For PelhamNews

The Pelham Blue Sharks competed in the Niagara Interlock Championships in Fort Erie last weekend, and showed Pelham proud by bringing home the series victory.

The Sharks qualified for the tournament by winning all but one of their playoff games, securing top spot in the Rookie Niagara South division.

Play commenced last Saturday afternoon against the St. Catharines Cobras, the top Niagara North Division team. The Sharks pulled everything together to best the Cobras 11-5, with superior fielding from Lucas Slingerland, Brendan Veenstra and Dylan Scott.

The semi-finals saw the Sharks up against the Thorold Blue Jays last Sunday morning. Julian Rubino and Matthew Kleinsmith came out with the bats firing to contribute to the 7-5 victory. Carly Eleich's well thought out fielding held off the Jays scoring hopes. Alex Rubino socked the team's first series home run out of park to complete the Sharks scoring. With the opportunity of unlimited runs in the last inning, the Sharks shut out the Blue Jays with a long throw from pitcher Simon Killen to first baseman Ethan Wells to end the game.

The series final saw the Pelham Sharks up against a familiar foe, the Welland Padres who had bested the Sharks in

early season play. With tenacity and focus, the Sharks triumphed over their longtime rival with a decisive 8-3 win.

Team motivator, Kristen Wells, followed up her cheering with several solid base hits and long throws from the outfield.

Ryan Jensen had one of his best games of the year with several hits and smart base running. Ethan Wells scored the final 3 runs of the series with a homerun over the right field fence. For the final time, the Sharks were faced with a comeback push with the Padres able to score unlimited runs in the last inning. Second baseman Owen Nicholls had something to say to that, in the form of a brick wall delivering three consecutive outs at second base. In all three games, the Sharks shut out each team in the last inning, with no runs scored against.

The Sharks would like to thank Future Stars Sports Photography for their generous sponsorship, making play this year possible. Much appreciation to Wyatt Gibson and Danny Langelaar for their contributions this year. They were sorely missed at the final championship, but their efforts all season long made this weekend possible. Thanks also goes out to Craig Gemmel and the Pelham Minor Baseball Association Board for their hard work and dedication to Pelham baseball.

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**MONDAY  
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**NIAGARA BEEKEEPERS**  
Association meets at the Niagara Regional Police Service community room, 5 Lincoln St., Welland, at 7 p.m.

**BOOK READING**  
David Goicoechea, at Pelham Public Library, presents Agape and the Four Loves with Nietzsche, Father and Q. Affection, friendship, eros and natural agape are examined in relation to Christian love, existentially with Nietzsche, philosophically with Father, biblically in

terms of Matthew and Luke's common Q sayings and historically from the Greeks, Medievales and Moderns at 7 p.m., cost \$4. Register ahead. Copies for sale and signing.

**WEDNESDAY  
SEPTEMBER 11**  
**MUSIC MAN AUDITIONS**  
Registration night for Port Colborne Operatic Society's 2014 presentation of The Music Man. Register for auditions for actors and dancers. Backstage members welcome. Takes place at Lakeshore Catholic High

School, 150 Janet St. Port Colborne. E-mail pcos1945@gmail.com, visit www.PortColborneOperaticSociety.com or call 905-834-9307 for more information.

**SATURDAY  
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**PLANT SALE**  
hosted by Master Gardeners of Niagara, 9 a.m. to noon, at Vineland Research and Innovation Centre, 4890 Victoria Ave. Perennials, bulbs, etc. Great prices; cash only. Also, garden tool sharpening for a donation.

**SUNDAY  
SEPTEMBER 15**  
**RENAISSANCE MIDWINTER**  
annual family potluck picnic, 2 p.m. to 5 p.m. at Auberge Richelieu in Welland. This event is open to all of our former clients and their families. Visit [www.renaissancemidwinter.ca](http://www.renaissancemidwinter.ca) or find us on Facebook for more details.

**MONDAY  
SEPTEMBER 16**  
**BOOK READING**  
Author Robert McGill who has ties to FortHill releases his second novel at Pelham

Public Library. A richly textured novel of idealism and romance set in Niagara. Once We Had a Country reimagines the impact of the Vietnam War by way of the women and children who fled with the draft dodgers. McGill will be joined by Julie Mannell, a Montreal prose and poetry writer, was born and raised in FortHill. Time 7:30 p.m. Cost \$10.

**FRIDAY  
SEPTEMBER 20**  
**THE THREE CANTORS**  
in concert, 7:30 p.m. at St. James & St. Brendan Angli-

can Church, 55 Charlotte St. Port Colborne. Tickets \$20 (includes pie and coffee reception). Call 905-834-3184 for tickets.

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to benefit Welland hospital. Welland Hospital Foundation has put the cows out to pasture on old dance ideas and created this new event for all you country lovers while raising money for our local hospital. For more information contact Lori Pottle at 905-378-4647 ext. 32395 or e-mail: [lpottle@niagarahospital.on.ca](mailto:lpottle@niagarahospital.on.ca).



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